

Corporal U.C.
TR 5C AUG 3 1952
Co-ed to Wed

Paxton King Beale, who was a Beta Theta Pi at the University of California and is now a corporal at Geiger Air Force Base in Spokane, Wash., will be married within the month to Helen Louise Marinoni of Berkeley, who was an Alpha Delta Pi at the state university.

Their engagement was announced at a party given not long ago by Mary James of San Francisco and attended by close friends of the future bride. In the group were Mary Angelo, Nancy Robinson, Dorothy Heinig, Charleen Hagen, Joan Haviland, Kay Meagher, Carol Brierly, Corinne Lambert, Norma Parkinson, Paul Fisher and Mrs. W. D. Hirsh.

Miss Marinoni is the daughter of Mr. and Mrs. Ernest Marinoni of Acton Street, Berkeley. Mrs. King Beale of East 34th Street is Paxton's mother, and his father is John P. Beale.

Beale-Marinoni

Married at Treasure Island

Laguna Beach and Lake Arrowhead were on the itinerary of the wedding trip Paxton King Beale and his bride, the former Helen Louise Marinoni, planned to follow their marriage held last month in the Naval chapel on Treasure Island.

The bridegroom is now in the Air Force, so the newlyweds' plans for a home cannot be as definite. Mrs. Beale is a teacher in Richmond.

Theirs was a simple afternoon wedding, with Mrs. Frank Morse of Sacramento as her sister's only attendant. Dr. John Paul Beale Jr. was his brother's best man, and there were three ushers, Dick Lee, Beta Theta Pi Fraternity brother of the bridegroom; Jim Boghosian, Theta Delta Chi, and Dick Wheaton, Phi Delta Theta.

Both the bride and her sister wore ballerina length dresses, Helen's of cotton lace and organza and the honor attendant's of white organdy over yellow silk taffeta. Cotton lace wristlets, a Juliet cap and veil, and

a shower of white carnations and bouvardia completed the bride's costume, while her sister carried a French nosegay of yellow carnations to match those in her hair.

Mrs. Ernest Marinoni of Acton Street, Berkeley, the bride's mother, was in a natural color

Shantung dress with accessories in navy blue velvet. Mrs. King Beale, Paxton's mother, donned steel gray silk with pink feathered hat and pink gloves.

Both bride and bridegroom are University of California graduates. Her sorority was Alpha Delta Pi. In addition to his membership in Beta Theta Pi, he was affiliated with Winged Helmet and Triune.

Rough Run To Benefit Science

AUG 16 1973

By JAMES HAZELWOOD
Tribune Science Writer

Two San Francisco adventurers plan to run from the bottom of the 48 conterminous United States to the top Saturday, and medical science is going along for the ride.

The bottom is at Bad Water in Death Valley, which is 282 feet below sea level and the top is Mount Whitney, which soars 14,495 feet above sea level.

(Alaska has a number of higher peaks but it is part of the continental rather than the conterminous U.S.)

The runners will be Pax Beale, 43, and Ken Crutchlow, 29 and they expect to cover about 200 miles from the geographic low point to the geographic high.

For the runners, it will be just another of the endurance stunts they have been pulling off for years to test their physical mettle and because they have great fun doing them.

But the gruelling run is an ideal opportunity for Dr. Joan Ulliot of Pacific Medical Center's Institute of Health Research to do some basic studies on what happens to the human body when it is subjected to great stress in a wide range of climates and altitudes.

She plans to go along to

monitor the condition of their hearts, take periodic blood samples and measure their rate of dehydration.

"Heat studies are interesting to people involved in sports medicine," she said. "We hope to find out exactly what is going on in the body during fatigue and dehydration and this knowledge may have some application in the prevention of heat stroke."

Dr. Ulliyot, who runs for health and pleasure herself, plans to jog along with her living experiments for at least part of the way.

Beale, a self-confessed physical fitness buff, is owner and operator of the Cathedral Hill Medical Center in San Francisco. Crutchlow is director of the Pregnancy Control Center.

They expect to complete their journey in about 20 hours, passing from temperatures of 120 degrees or more in Death Valley to below freezing at the summit of Mount Whitney.

The pair has already run from San Francisco to Reno and bicycled from San Francisco to Ketchikan, Alaska, in an unscheduled race with an ocean liner.

The runners will eat nothing during their journey because, Dr. Ulliyot explained, it is difficult to run on a full stomach.

Crutchlow will drink only water on the trip, and Beale will drink only a glucose mixture containing the kind of body salts which are lost in perspiration.

Dr. Ulliyot said she hopes to find out through this arrangement which fluid is more effective in preventing fatigue.

AUG 20 1973

Death Valley Runners Close on Goal

LONE PINE (AP) — Two cross-country runners began their sprint up Mt. Whitney today after completing the first leg of their trip across Death Valley to test the effects of extreme heat and altitude on the human body.

Paxton Beale, 43, and Kenneth Crutchlow, 29, both of San Francisco, reached Lone Pine at the base of the 14,494-foot peak yesterday evening. They are attempting to run the 200-mile distance in 48 hours to test the effects of extreme temperatures and altitude on the human body under stress.

Death Valley, 282 feet below sea level, is the lowest point in the continental United States and Mt. Whitney is the highest spot in the 48 adjoining states.

"We're going to make it," said Crutchlow, who had vomited violently on Saturday in 120-degree heat in Death Valley.

The pair began running eight-minute mile relays at 4

a.m. Saturday from Badwater, where the predawn temperature was 106 degrees. By noon, neither could walk more than one-tenth mile before being relieved by the other.

Both became so weak that their accompanying physician, Dr. Joan Ulyot, did not take a blood sample from them Saturday afternoon. She stopped Crutchlow from running and both took an unplanned seven-hour break to sleep Saturday night at Panamint Springs.

"When the heat hit me, it was like running into a brick wall," said Beale.

Yesterday morning, the pair started out walking and gradually picked up their pace until they were running quarter-mile sprints near here.

Crutchlow has hiked across Death Valley before, raced

around the world and he swam from Alcatraz Island to Fisherman's Wharf in San Francisco.

He and Beale also have raced on bicycles, and beaten, a steamship sailing from San Francisco to Ketchikan, Alaska.

2 Begin Grueling Experiment

AUG 19 1973

DEATH VALLEY (AP) — Two San Francisco adventurers sprinted off Saturday on a grueling 200-mile run from scorching Death Valley to the chilly heights of Mt. Whitney to test the effects of extreme heat and altitude on the human body.

A doctor from the Institute of Health Research in San Francisco is monitoring their vital functions during the run from the lowest point in the continental United States to its highest summit.

Paxton Beale, 43, and Kenneth Crutchlow, 29, flipped a coin to see who would run the first 1-mile leg from Badwater, 282 feet below sea level in Death Valley. The goal is 14,494 feet above sea level.

Beal lost. When he sprinted off at 4 a.m., the temperature was 106 degrees.

Running in 1-mile relays, the two men covered about 25 miles by noon.

A support team followed then, taking blood and urine samples in a portable laboratory and standing by with emergency supplies. Dr. Joan Ulyot ran two miles with them herself.

Beale owns the Cathedral Hill Medical Center in San Francisco. Crutchlow is the executive director of the abortion center there.

Crutchlow has hiked across Death Valley, raced around the world and he swam from Alcatraz Island to Fisherman's Wharf in San Francisco.

Two years ago, he and Beale raced on bicycles — and beat — a P & O Lines steamship sailing from San Francisco to Ketchikan, Alaska.

DEATH VALLEY

Body Needs Salt, Two Men Find

AUG 22 1973

Two Bay Area men have run 200 miles in Southern California and proved, to themselves at least, that the human body needs to have its salts replaced in an arduous endeavor.

The men, Pax Beale and Ken Crutchlow, started from Bad Water in Death Valley last week and finished Monday morning at Mt. Whitney. Bad Water is 249 feet below sea level, the lowest point on the North American continent, while Mt. Whitney is one of the continent's highest point.

They covered the distance in relay style. It took them 57 hours and 28 minutes.

Beale, 43, who graduated from Oakland High School in 1948 and now owns the Cathedral Hill Medical Center in San Francisco, said he drank 18 quarts of Gatorade while Crutchlow, 29, drank only water.

"By the time we got out of Death Valley," Beale said, "Crutchlow was sicker than a dog and needed medical attention."

"It kind of proves," he added, "that you have to replace those salts in your system or you're in trouble."

"The scientific tests apparently did prove successful," Crutchlow said. "Our blood composition changed considerably and our temperatures, blood pressure and pulses varied considerably. The heat was tremendous."

Crutchlow lost 10 pounds and Beale lost 12 pounds.

Accompanying the men on their run was Dr. Joan Ulyot of the Institute of Health Research of San Francisco.

To help the institute's research on the human body, Beale ran with a \$3,000 mini-electro-cardiogram machine, weighing only one pound, strapped to his back.

Leads attached to his chest registered his heart beat as he ran. Beale concluded, at the end of the run, that the human body "is a lot more resilient than people think it is."

The two men said they decided to run from Death Valley to Mt. Whitney, some 14,500 feet in elevation, because "once a year, we like to do something just to break the mode of life."

State Orders Clinic to Cut Fee for Medi-Cal Abortions

The state Attorney General's office has ordered Cathedral Hill Medical Center in San Francisco to stop charging Medi-Cal patients higher prices for abortions than it charges members of its own health plan.

Contending the center is illegally charging Medi-Cal patients more than the facility's "usual and customary" rates, state attorneys filed suit this week saying the hospital over-billed the state by more than \$200,000.

The hospital's "Green Cross Health Plan," costing members 25 cent a month for three months, allow women to obtain abortions for \$148 each.

Yet, both lawyers and hospital officials admit the center charges \$265 for abortions performed on Medi-Cal patients and up to \$350 on abortions for private patients.

Authorities estimate nearly 500 women a month are taking advantage of the cut-rate abortion rates at Cathedral Hill, Northern California's largest abortion facility.

Paxton Beale, president of Green Cross, told newsmen yesterday that he is being harrassed by Medi-Cal officials because he is exposing the inequities and wasteful practices of the state program.

Oakland Hospital Caters to Runners

MAR 18 1977

By JIM HAZELWOOD
Tribune Science Writer

Pax Beale likes to run. In 1970 he ran from San Francisco to Reno, a trot of almost 185 miles.

A couple of years later he ran from the lowest point in the United States, Badwater in Death Valley (249 feet below sea level) to the towering top of Mt. Whitney, 14,500 feet high.

Mr. Beale admits to being a physical fitness nut. So it was only natural that when he opened a hospital in Oakland it should be geared to care for athletes, and especially runners.

The California Surgery Center and Hospital at 390 40th St. will specialize, he said, in such problems as Achilles tendon, Morton's toe (where the second toe is longer than the big one), and problems of the knee, hip and lower back.

The hospital also will do smaller surgeries such as abortions and tubal ligations.

"We don't intend to compete with the big hospitals," Mr. Beale said. "It is my belief that the little hospitals are in bad shape because they try to compete with the big hospitals, matching them head-on, service for service."

Mr. Beale has had 13 years experi-

ence in small hospital management, most of them in San Francisco.

The new hospital, a 64-bed facility, was built in 1961 as the Civic Center Hospital catering principally to osteopaths.

The old hospital recently went bankrupt and Mr. Beale heads a non-profit group which has taken over the facilities and is completely refurbishing the premises.

"A small hospital can run circles in quality around a big hospital," Mr. Beale said. "The doctors are specializing. Why shouldn't the hospitals?"

Mr. Beale said he intends to combine the expertise of such specialists as podiatrists and orthopedists for the benefit of the patients.

"We can offer the combined knowledge of several different medical disciplines whose views are not biased but will complement the knowledge of the others," he said.

One of Mr. Beale's acquisitions to the staff is Dr. Joan Ulliot, one of the world's foremost women authorities in sports medicine and an avid jogger herself.